

		Upward 2018 Rules				
	Kindergarten	1st & 2nd Grade	3rd & 4th Grade	5th & 6th Grade	7th - 9th Grade	
Hoop Height	7 Feet	8 Feet	9 Feet	10 Feet	10 Feet	
Ball Size	25"	28.5"	28.5"	28.5"	29.5" for boys 28.5" for girls	
Score	Not Kept	Not Kept	Kept	Kept	Kept	
Coaches on sidelines	Walk not just on sidelines, but also on the court.	Coaches can walk sidelines and assist on baseline as well.	Coaches can walk sidelines.	Coaches should stay in the bench area.	Coaches should stay in the bench area.	
Stealing pass	Allowed	Allowed	Allowed	Allowed	Allowed	
Stealing dribble	Not Allowed	Not Allowed	Not Allowed	Allowed	Allowed	
Stealing from <u>player's hands</u> that you are guarding	Not Allowed	Not Allowed	Not Allowed	Allowed	Allowed	
Stealing <u>dribble</u> from a player that you are not guarding	Not Allowed	Not Allowed	Not Allowed	Not Allowed	Allowed	
<u>5 Seconds Violation</u>						
(for ball holding and not dribbling). If dribbling, not called	Not called but advised by referees.	Not called but advised by referees.	Called-Out of Bounds 1st Time per team, 2nd time is turnover	Called	Called	
<u>10 Seconds Violation</u>						
This impacts the "initial play" coming down court.	Not called but advised by referees.	Not called but advised by referees.	Called	Called	Called	
Double Dribble/Traveling	Not called but advised by referees	Will be called and explained	Turnover	Turnover	Turnover	
3 Seconds Lane Violation	Not called but advised by referees.	Not called but advised by referees.	Called-Out of Bounds 1st Time per team, 2nd time is turnover	Called	Called	
"Over and Back"	Not called but advised by referees.	Not called but advised by referees.	Called	Called	Called	
Fast Breaks	Not allowed (players should rebound and then set up)	Allowed	Allowed	Allowed & Encouraged	Allowed & Encouraged	
Free Throws Shooting Fouls	No Shots – Side Out	No Shots – Side Out	2 Points, Flagrant fouls: 2 points and possession	All game they shoot. Last 2 minutes of Game -no free throws: 2 pts -1pt non-shooting foul-keep possession Flagrant foul:2 pt and possession	Will happen on Shots and in Bonus	
How many and length of periods	3-6 minute running periods with an 8 minute halftime.	6-6 minute running periods with an 8 minute halftime.	6-6 minute running periods with an 8 minute halftime.	6-6 minute running periods with an 8 minute halftime.	4 - 7 minute periods, clock stops at out of bounds and free throws.	
Overtime	None	None	None	None in Regular Season, Playoffs: 2 min periods, until winner.	1-2 min overtime, then Free Throws (3), (3), (1,1,1,...)	
Time outs	None	None	None	None	1 - 30 second time out per half	
Fouls	If player makes two fouls in a period – out for period. Re-enter next scheduled period	If player makes two fouls in a period – out for period. Re-enter next scheduled period	If player makes two fouls in a period – out for period. Re-enter next scheduled period	If player makes two fouls in a period – out for period. Re-enter next scheduled period	5 fouls allowed per game, then out	
Game Start	Vis: 1,3,5 Home: 2,4,6 Possession Arrow	Vis: 1,3,5 Home: 2,4,6 Possession Arrow	Vis: 1,3,5 Home: 2,4,6 Possession Arrow	Vis: 1,3,5 Home: 2,4,6 Possession Arrow	Jump Ball	

Full Court Press	Not Allowed	Not Allowed	Not Allowed	Allowed for last 2 minutes of half and of the game.	Allowed (<15 pts, back to 10)
Must guard player of same armband color	Yes	Yes	Yes	Yes	No
Zone Defense Allowed	No	No	No	No	Yes
Substitution Pattern	The "Upward Rotation" All players will play same amount of time throughout the season.	The "Upward Rotation" All players will play same amount of time throughout the season.	The "Upward Rotation" All players will play same amount of time throughout the season.	The "Upward Rotation" All players will play same amount of time throughout the season.	Each player must play 1/4 of the game and must participate in both halves.
3 point Shot	No score kept - 3 point shot NOT encouraged	No score kept - 3 point shot NOT encouraged	Counts for 3 points - shot NOT encouraged.	Counts as 3 points.	Counts as 3 points.
League Standings	Not Kept	Not Kept	Not Kept	Kept	Kept
Season Ending Tournament	No	No	No	Yes	Yes